Study Finds Fall Babies at Higher Risk of Lifetime of Allergic Diseases
Researchers working to stop the chain reaction of eczema, food allergies, asthma and hay fever

## National Jewish Health

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## **NEWS PACKAGE**

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SUGGESTED TEASE	A NEW STUDY FINDS THE TIME OF YEAR A BABY IS BORN MAY PUT THEM AT HIGHER RISK FOR A LIFETIME OF DANGEROUS ALLERGIC CONDITIONS. DETAILS, COMING UP.	
(PACKAGE START)	MORE THAN FIVE MILLION CHILDREN HAVE FOOD ALLERGIES¹, A NUMBER THAT IS ON THE RISE. RESEARCHERS ARE WORKING TO FIND THE REASON BEHIND THIS INCREASE AND SAY FOOD ALLERGIES OFTEN START FROM AN UNLIKELY PLACE – THE SKIN.  NOW A NEW STUDY² FINDS THE TIME OF YEAR A BABY IS BORN MAY PUT THEM AT HIGHER RISK, NOT JUST FOR FOOD ALLERGIES, BUT A PROGRESSION OF ALLERGIC CONDITIONS.  BARB CONSIGLIO HAS THE DETAILS ON HOW DOCTORS ARE GETTING CLOSER TO BEING ABLE TO STOP IT IN ITS TRACKS.	
CG: Courtesy: National Jewish Health	(Nats - Sound) :02	
:00 - :03  Shots of Jessica putting eczema cream on AJ's arm	FIVE-YEAR-OLD A-J GRADY HAS ALWAYS HAD ECZEMA, BUT WHEN HE DEVELOPED HIVES AS HE STARTED EATING SOLID FOOD, HIS MOM JESSICA SUSPECTED THESE ISSUES WEREN'T JUST ABOUT	
	HIS SKIN. :07	
CG: Jessica Grady Son has eczema and food allergies	"He had eczema pretty much from birth, so just the combination of the two things really kind of clued us in to that he had a food allergy." :09	
Shots of Jessica making snack	A-J'S ALLERGIES TO MILK AND CITRUS ARE PART OF A COMMON CHAIN REACTION KNOWN AS THE	
Shots of AJ eating different snack than his brothers	ATOPIC MARCH.  IT BEGINS IN INFANCY WITH ECZEMA AND LEADS TO FOOD ALLERGIES, ASTHMA AND HAY FEVER. :08	

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## "The skin barrier is quite disrupted in kids with eczema and even our kids with food allergy. The skin is actually a CG: Jessica Hui, MD National Jewish Health way for different microbes and even food allergens to get into our body.":13 RESEARCHERS BELIEVE THAT IS PRECISELY Shots of researchers in lab WHAT SETS OFF THE ATOPIC MARCH. IT'S SOMETHING DOCTOR JESSICA HUI AND HER TEAM AT NATIONAL JEWISH HEALTH IN DENVER HAVE STUDIED FOR YEARS, AND IN THEIR LATEST Shots of newborn STUDY THEY FOUND THAT ONE OF THE RISK FACTORS IS THE TIME OF YEAR BABIES ARE BORN. :12 "We found that children born in the fall, or September, Dr. Hui (CG'd earlier) October, and November, have a higher risk of developing the whole atopic march of eczema, food allergy, asthma, and allergic rhinitis.":12 A NEW CLINICAL TRIAL WILL FURTHER EXAMINE Shots of skin samples being WHY BABIES BORN IN THE FALL TEND TO HAVE examined in lab WEAKENED SKIN BARRIERS. RESEARCHERS ARE ENROLLING PREGNANT Shots of lotion being applied to WOMEN AND FOLLOWING THEIR BABIES THROUGH baby in clinic EARLY CHILDHOOD TO EXAMINE A WIDE SPECTRUM OF ENVIRONMENTAL FACTORS, GENETICS AND Shots of sequencing in lab SKIN COMPOSITION TO BETTER UNDERSTAND THE CAUSES OF THE ATOPIC MARCH AND FIND WAYS TO PREVENT IT.:17 "We think if we can intervene at a very, very, very Dr. Hui (CG'd earlier) young age, even right after the baby's out of the womb, then potentially that's a way for us to try to stop the development of this atopic march.":14 JESSICA SAYS, FOR PARENTS, KNOWING THE Shots of brothers eating together RISKS AND BEING ABLE TO TAKE PREVENTIVE ACTION WOULD LIFE CHANGING. :05 "As a parent, it would mean no worry about them going Jessica Grady (CG'd earlier) out into the world and reacting to anything. It'd be fantastic. It'd take away a ton of stress. It'd take away allergy medications and allergy shots just to live a normal life.":12 AT NATIONAL JEWISH HEALTH, THIS IS BARB Shots of AJ eating snack

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(PACKAGE END) -----

ANCHOR TAG

CONSIGLIO REPORTING::02

RESEARCHERS SAY SOLUTIONS SUCH AS

INTRODUCING ALLERGENIC FOODS EARLY IN LIFE

TO KIDS AT RISK FOR FOOD ALLERGIES AND SEALING THE SKIN BARRIERS OF BABIES WITH ECZEMA MAY STOP THE ATOPIC MARCH AND PROTECT CHILDREN FROM DEVELOPING THESE DANGEROUS CONDITIONS LATER IN LIFE.

#### **SOCIAL MEDIA**

Share it! Suggested tweet:

Food allergies are on the rise and researchers at <a href="MNJHealth">MNJHealth</a> have found it likely starts with the skin. Babies with eczema often go on to develop food allergies, asthma and hay fever and a new study finds babies born in the fall are at greater risk. <a href="http://bit.ly/2jhdvvu">http://bit.ly/2jhdvvu</a>

Suggested post:

The time of year your baby is born may increase their risk of several dangerous allergic conditions. A new study by researchers at National Jewish Health finds fall babies are more likely to experience the atopic march, a chain reaction that starts with eczema and leads to food allergies, asthma and hay fever. http://bit.ly/2jhdvvu

#### **EXTRA BITES**

Hui explains biological factors being explored in the lab: "We can see different fats or lipids, proteins, all that makeup in the skin and different even breakdown products of different genes. When we take a blood sample, we can even look further at different genetic factors.":16

CG: Jessica Hui, MD National Jewish Health Hui says fall babies have more harmful staph bacteria on their skin:

"Whether it's the environment or factors that are happening between the summer and the fall, they're just causing the skin to be more disrupted that when they are exposed to staph, it tends to then stay there and stay colonized." :15

Hui lists some of the factors being explored in the current trial: "The use of different soaps and detergents, smoke exposure, pollution exposure, even microplastics. A lot of these things have been implicated, but we haven't yet done a study to look forward and see exactly what might be contributing.":19

CG: Jessica Grady Son has eczema and food allergies Jessica explains the stress of having a child with food allergies: "You're always worried about it. Is someone going to pay attention and make sure that they're not accidentally giving your child something they're really allergic to?" :08

CG: Jessica Grady Son has eczema and food allergies Jessica says it's hard to watch her son suffer from eczema: "You watch your child suffer. They're itchy, they're uncomfortable and they're constantly scratching, which makes it worse because it's already agitating something that's agitated." :11

Jessica says those in their family born in the fall have allergies: "Out of the six of us in the household, the four of us who were born in the fall have eczema and food allergies and two of us were born in the spring and have no problems at all.":12

### References

<sup>1</sup>The Public Health Impact of Parent-Reported Childhood Food Allergies in the United States, **Pediatrics, Volume 142, Issue 6, Dec 2018**. Online:

https://pediatrics.aappublications.org/content/142/6/e20181235.

<sup>2</sup>The atopic march and Staphylococcus aureus colonization are associated with fall birth, The Journal of Allergy and Clinical Immunology: In Practice, Aug 2020. Online: https://www.sciencedirect.com/science/article/abs/pii/S2213219820305067?via%3Dihub

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